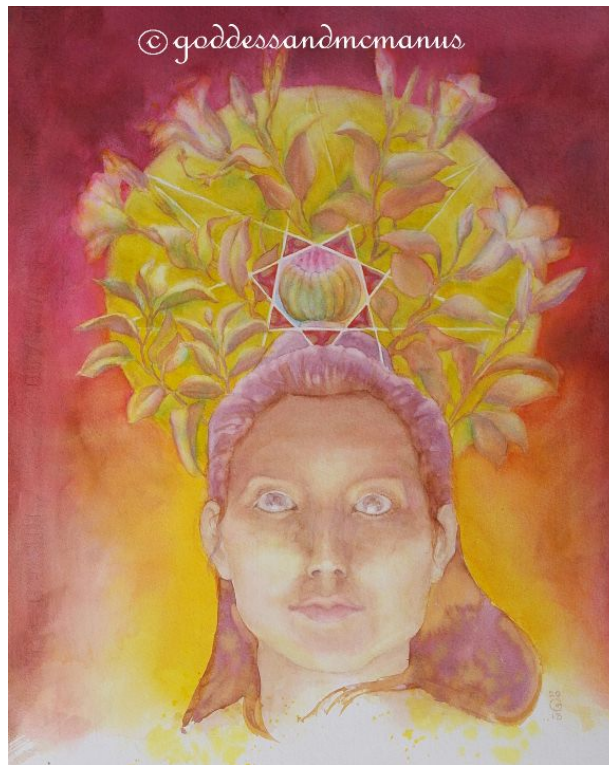


Claymont Society

FOR CONTINUOUS EDUCATION



Shakti, In memory of John McManus

**Claymont Society for Continuous Education:
"Sensation and How does it Grow"
Work Weekend**

March 7th-10th, 2024

"No growth of being will take place without a corresponding growth in sensation"

What is sensation and how does it grow? How do we open ourselves to its presence in our bodies? Can I learn to bring it with me into my ordinary life, the walking, the talking, and all the other daily activities? On this weekend we will try to look into questions like these as we study one of the foundational practices of the Fourth Way.

We plan to make this weekend very collaborative, a deep conversation and experimentation among friends. We will work with some exercises with a long history, some that arise from our immediate personal experience and look as well at some of the obstacles we encounter along the way.

The staff will provide some of the teaching material and participants will

provide material that arises from their own efforts. We can be motivated and guided by theory and the words of our teachers but our own experience is the raw material of inner growth.

We hope this weekend will enhance our understanding of sensation and strengthen its role in our work. Also, if you are interested in learning about the Fourth Way and do not have much experience with the practice of sensation you are still very welcome to attend.

Activities for the weekend will include guided sittings and explorations, movements, practical work, and inner sharing. You are cordially invited to join us in our work and exploration.

The weekend will begin with dinner at 6:30 pm on Thursday, March 7 and end after lunch on Sunday, March 10. *All activities will be at the Mansion.

Suggested donation for the weekend is \$195 if you are staying overnight at Claymont and \$95 if you are not staying overnight at Claymont. However, do not let the cost prevent you from participating, financial assistance is available.

For more information, and to register, please contact Amy Silver, Registrar, at claymontgathering@hotmail.com
Click here for flyer

*Please note: This event has been moved to the Mansion

**Claymont Society for Continuous Education:
Sensing, Sound, and Silence**
April 18th-21st, 2024



Relaxation and sensing can help us hear what we need to hear from inside ourselves and from Above. Chanting of aspirational phrases can help us interrupt automatic and habitual thoughts and feelings — especially the negative ones — toward a state of inner relaxation, openness and receptivity. During this spring weekend, let's take a break from busyness of mind and heart and open to the beauty around us.

This weekend will combine some familiar Fourth Way practices with Zikr (chanting and dance) from the Mevlevi tradition. Time to listen to silence and to resonate with the beauty of spring at Claymont. Time to open to what we need to

hear, what we need to receive, and perhaps even Grace.

The seminar will be led by Hardy Mason. Hardy is a Mevlevi Sufi sheik and long-time student of the Fourth Way.

Note: Participants on the March work weekend at Claymont studying sensation may find this gathering a useful follow-on, but no previous experience is required.

The weekend will begin with dinner at 6:30 pm on Thursday, April 18 and end after lunch on Sunday, April 21. All activities will be at the Great Barn.

Suggested donation for the weekend is \$195 if you are staying overnight at Claymont and \$95 if you are not staying overnight at Claymont. However, do not let the cost prevent you from participating, financial assistance is available.

For more information and to register please contact, the registrar, Amy Silver at claymontgathering@hotmail.com
Click here for flyer

The Claymont Society is pleased to announce the tentative 2024 dates for Fourth Way events at Claymont

July 10th-14th Energies Workshop at the Barn led by Joe Naft

October 16th-20th Anniversary Celebration at the Barn

Other events:

May 16th-19th Workshop at the Mansion led by Anthony Blake and Elan Sicroff

September 5th-8th Workshop at the Mansion led by Elan Sicroff

Please mark your calendars. More specific information on the events will be forthcoming.

EMBODIED AWARENESS

Alexander Technique, Developmental
Movement and Breath
Residential Workshop
June 26th-30th, 2024

Claymont Court, Mansion

FACULTY: Robin Gilmore, Diana Bradley,
Renée Jackson



About The Workshop

Explore possibilities of freedom and ease to enhance your life. This immersive workshop provides movement learning that can deepen our sense of self and how we relate to the world around us. Those new to the Alexander Technique as well as trainees and AT teachers are welcome.

Mornings will begin with individual hands-on attention (known as “walkabouts”). Small groups will look at areas of interest including performance, daily activities and teaching skills. The large group classes will include developmental movement (from the ground to standing) and exploration of breathing coordination. Gentle, easy to follow movement practices will take place throughout the day and evening. Some sessions will take place outdoors on the beautiful acreage surrounding Claymont’s historic mansion.

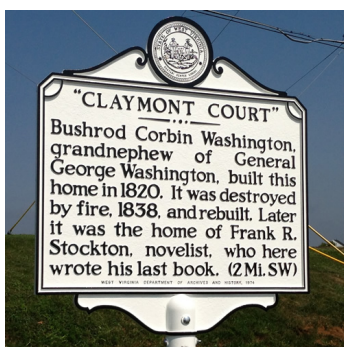
Our faculty members bring expertise in a breadth of areas all grounded in the Alexander Technique. We carry on the approach of Marjorie Barstow, one of the first generation of AT teachers, by applying Alexander principles to a wide range of activities including performance, athletics, martial arts and everyday tasks. We have taught together for many years and enjoy collaborative teaching that draws from the interests and needs of our students. Workshop director Robin Gilmore has a decades long connection with Claymont as a longtime participant in the East Coast Contact Improvisation Jam.

More details soon to come at www.chesapeakealexander.com
Please join the mailing list for this event so that you can inhabit this wondrous terrain for a time of deep learning and exploration.
For more information email: robin@chesapeakealexander.com

John McManus, Community Member, Friend to All
1961-2023



Click here to read John's Obituary



For more information about the Claymont Society visit

www.society.claymont.org

Interested in Booking a Retreat?

Contact Amy Silver at:

seminars@claymont.org

or visit www.claymont.org

(304) 725-4437

Note from the editor: Your ideas and feedback are always welcome! We would love to hear from you. To contribute to the newsletter, please send pictures, Claymont articles, or community announcements to: claymontoffice@claymont.org

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